



Nutrition to Support Physical Activity (L/616/4753)

Nutrition consultation template GUIDANCE DOCUMENT

Please include a copy of the client’s 7 day (minimum) food diary with this analysis.

Learner name: _____ Learner’s contact number: _____

Please note it is essential the above details are completed as the assessor may need to contact the learner should further clarification be required

1. Client Profile							
Gender:		Age:		Height:		Weight:	
BMI	Body fat (%)		Health status				
2. Description of lifestyle, to include: family, occupation, hobbies etc.							

Gender is required in order to make accurate calculations for basal metabolic rate and DCR

Height in metres **Weight** in Kg’s **BMI** show the calculation

Body Fat % - Include % and method used for measurement

Health Status – What is good or not good about BMI/body fat %. How do these compare to the Norm chart – of what category do they fall into.

Does the client need referring to a health professional?

Occupation – what it involves, how many hours per week, is it an active or sedentary role, any shift work? How do they travel to work?

Home life – Any dependants, what ages, what impact do they have on the client. Any pets, what is the client doing when not working? Hobbies – what are they, how many hours per week?

Lifestyle – Do they smoke/drink? What do they enjoy doing to relax?



Description of present exercise and physical activity levels (apply FITT where appropriate).	Description of past exercise and physical activity levels (apply FITT where appropriate)

Present Activity
 Write as FITT – You may need to repeat if the client does varies activities

F x 3
 I – 70-85% MHR
 T – 60 mins
 T – CV running, swimming

F x 2
 I – mild overload
 T- 45 mins
 T- core, pilates, abs sessions

F x 3
 I – 75% 1RM
 T – 45 mins
 T- Resistance training, free weights, body weight

Past Activity – Same here, go back at least 5 years, state how long ago this past activity was, e.g. 1 year or 5 years ago.

4. Exercise and physical activity likes and dislikes:	
Likes:	Dislikes:

What the client likes doing. This can include meditation,

Dislikes – this may be a type of training or use of equipment e.g resistance machines.



5. BMR Calculation (please show whole calculation)	
6. Approximate daily kcal requirement: (based on current activity levels, by calculating BMR and adding physical activity factor)	
Any other comments:	

7. Clients nutritional likes and dislikes			
Likes:		Dislikes:	
8. Analysis of the client's eating habits			

5. Use the **Schofield Calculation** – show your workings out


6. Daily Calorie Requirement
Use the above figure and now add the activity factor. Include a statement as to why you chose this physical activity factor.

Any other comments: If you included the 'SEE' value, make a statement here as to why you included it. Likewise, if you didn't include it, state why you did not need to.

Likes and dislikes – Include a minimum of 3 for each

8. What is the client's daily diet like?
Do they eat out? Buy ready-made meals? Buy & cook microwave meals? Do they eat at work e.g. whilst still working? Do they skip meals? Do they go for long periods without eating? Do they snack frequently? If so, what do they snack on? Is their diet different on their days off? Do they re-hydrate regularly through the day?
Do they drink alcohol? Do they eat breakfast? What times of the day do they eat, drink? Do they cook their own meals?
Can they cook meals from scratch? Is there a difference in their eating habits from the week to the weekend?

9. Analysis of the client's current nutritional intake in relation to quantity (number of portions eaten daily and portion size) and nutritional quality of their diet compared to healthy eating guidelines. Provide a rationale for your analysis in terms of health status. Note if there are any concerns which lead you to believe the client should be referred to their GP.

Quantity	Quality
	<div data-bbox="624 691 1010 1139" style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Look into the current quality of the foods being eaten, what they are missing out on (vitamins/minerals etc.)? and the impact this is having on the clients health overall. Avoid making recommendations here.</p> <div style="text-align: center;">  </div> </div>

9. Quantity; Look at your client's 7 day food diary

Tally up over the whole 7 days; and divide by 7 to get an average daily intake of each food group.

What is the number of carbohydrate portions (CHO), portions of protein, fats, fruit and veg?

Ensure you compare portion size to the guidelines so your tally is accurate.

Look at volume of liquids intake, if alcohol is consumed, how many units?

What was the intake of oils and spreads?

Compare the portion intake with the recommended guidelines. Is this within the healthy eating guidelines? If not, how does it differ?

Quality;

CHO – How many of these were low GI and high GI? What does this mean to the client's energy levels?

Protein – How many were from complete sources? Were they high in saturated fat? Were incomplete sources appropriate (vegetable proteins) was food combining included to ensure intake of all essential amino acids? Were sources from natural products or processed foods?

Fats- How many portions were saturated fat/unsaturated? Were essential fatty acids included? Why are these deemed important?

Are there any trans fats in the diet? Why should these be avoided?

Fruit & Veg – was there a good variety that included different colours as well as dark green veg? Were phytochemicals and antioxidants (superfoods) included and why are they considered important?

Oils and spreads – Were any of these high in saturated fat, or types of fat or sugar?

Liquids – What was the hydrating value of these? Look at intakes of water? Flavoured water – is this high in sugar? Coffee, tea, alcohol.

How does all this compare to the eatwell plate and current healthy eating guidelines? How does it compare to nutrition requirements of the client based on the current physical activities?

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Following the analysis in the previous question, identify the good components of the client's nutritional intake and any recommendations in accordance to the Eatwell Guide and Governmental guidelines.

Good intake	Recommendations

What was good about the above? Relate your answer to the current healthy eating guidelines.

What changes will you recommend? Please include a minimum of 4, more if necessary.

Nutritional Case Study - Goal setting

Applying the principles of nutrition to a physical activity programme. Based on the information gathered from the client and the analysis of this information agree short, medium & long-term SMART (nutritional & exercise/activity) goals with the client.

10. SMART goals	
Nutritional Long-Term goal	Physical Activity Long-Term goal
Agreed review points:	

Nutritional Long term goal (12 weeks)

Set a nutritional goal based upon your analysis of Q9

This must be SMART

Example: Eat 4 portions of veg and 3 portions of fruit daily by week 12

Physical Activity Long Term Goal (12 weeks)

Set an activity or exercise goal, this must be SMART

Example 60 minute gym session of resistance training and CV x 3 week by week 12

Agreed Review Points

What will you and your client agree to do at the end of each stage in order to measure success? Provide a date of when this will take place

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Nutritional Medium-Term goal		Physical Activity Medium-Term goal	
Agreed review points:			
Nutritional Short-Term goal		Physical Activity Short-Term goal	
Agreed review points:			

Nutritional medium term goal (8 weeks)
 What do you expect the client to achieve in this time frame?
 This must be part of the long term goal
 Example: Eat 3 portions of veg and 2 portions of fruit daily by week 8

Physical Activity medium term goal (8 weeks)
 What do you expect the client to achieve in this time frame?
 This must be part of the long term goal
 Example 60 minute gym session of resistance training and CV x 2 week by week 8

Nutritional short term goal (2-4 weeks)
 What do you expect the client to achieve in this time frame?
 This must be part of the long term goal
 Example: Eat 2 portions of veg and 1 portion of fruit daily by week 4

Physical Activity short term goal (2-4 weeks)
 What do you expect the client to achieve in this time frame?
 This must be part of the long term goal
 Example 60 minute gym session of resistance training and CV x 1 week by week 4 **Agreed Review Points:** As previous

I agree with the above goals and review points and understand the advice I have been given.

Client Signature: MUST BE INCLUDED

DATE: MUST BE INCLUDED

The nutrition goal must support the physical activity goal. For example a goal to increase lean mass, the nutrition goal must support this. A weight loss goal is not acceptable as the only physical activity goal.



Based on the information you have gathered from your client, your analysis & agreed goals, provide a nutritional & exercise/activity plan that will help your client to achieve their goals.

11. Identify 2 sources of educational information that you will access and make use of with your client and describe how these will help your client achieve their goals	
Source of information	How it will help the client achieve their goals
a)	
b)	

12. Outline of nutritional changes required	Why these changes will help your client achieve their goals

Source of information

These can be a publication or website. They must be reputable & educational

Example; NHS Choices website

Inappropriate would be a celebrity endorsed publication/website

How it will help the client achieve their goal

Why have you decided to recommend this source of information to your client?

Outline of nutritional changes required

Go back to Q9, as a result of your analysis of the food diary, what will you now recommend to the client?

Be very specific, 'eat more veg' is not specific. Give examples and how much more. It could be more grams of protein per kg of body weight, eat more regularly throughout the day. Your client needs detail to know exactly what they need to do to start the programme.

These recommendations must also relate to the goals set in Q10.

Why these changes?

For every nutritional change, provide a reason to justify your recommendation.



13. Overview of proposed exercise and physical activity plan aligned to the agreed nutritional changes and goals (applying FITT).

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Here you now show the activity/exercise plan that you recommend.

It must relate to the goals set in Q10 & also to the nutritional changes recommended in Q12

Only the first month of the plan is required, so this will relate to the activity/exercise plan for the short term goal.

This must include frequency, intensity, time and type of activity

Nutritional Case Study - Short-term goal review

Review the short-term goals (see the goal setting section for review timescale) & evaluate your client's understanding of the nutritional advice & how it links to the exercise/physical activity plan.

Evaluate their progress & suggest any changes that might be needed as a result of this review.

14. Review of client's understanding and feedback from the client about the plan

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At the end of the short term goal period you will need to hold a review with your client. This relates to the review points shown in the short term goal set in Q10

Show what you have done in order to measure progress (success or not), your comments about the current progress made and your client's comments.

15. Negotiated changes to the nutritional goals and/or exercise/physical activity plan

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Following the first review, you now need to make some changes. Look at the comments made by yourself and the client in Q14 and recommend any changes to the exercise plans.

Nutritional goals will now change to the next goal stage – medium term. These may need reviewing if the client has over or under achieved in the short term.

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I can confirm that I have worked with a client and that the information given in this case study is authentic.

Learner's signature: **YOU MUST INCLUDE THIS** Date: **YOU MUST INCLUDE THIS**

**an electronic signature is acceptable on this document*

Key: ✓ = Pass, C = Pass with comment, Q = Question, R = Refer

The learner requires a ✓ or a C in every box in order to pass. Questioning can be used where written evidence is insufficient and should be indicated by a Q and then ✓ or R.

	The learner demonstrated that they:	Outcome	
N1	Identified and collected information that needs to be collected to offer nutritional advice to clients within scope of practice		
N2	Applied methods of and analysing nutritional intake and body composition suitable for use with their clients		
N3	Recognised how to interpret collected information so that client's needs and nutritional goals could be identified with reference to current government healthy eating guidelines and evidence-based recommendations		
N4	Interpreted information gained from methods used to assess body composition and health risk in relation to weight		
N5	Highlighted if the client should be referred to a GP		
N6	Recorded information about the client and their nutritional goals in an approved format (digital or otherwise)		
N7	Designed and agreed nutritional goals that are compatible with the analysis, accepted good practice and national guidelines		
N8	Ensured that the nutritional goals support and integrate with other programme components		
N9	Agreed review points with the client		
N10	Reviewed the client's understanding of how to follow the nutritional advice as part of their physical activity programme		
N11	Monitored, evaluated and reviewed the client's progress towards their nutritional goals		
Date	Outcome	Date	Re-assessment